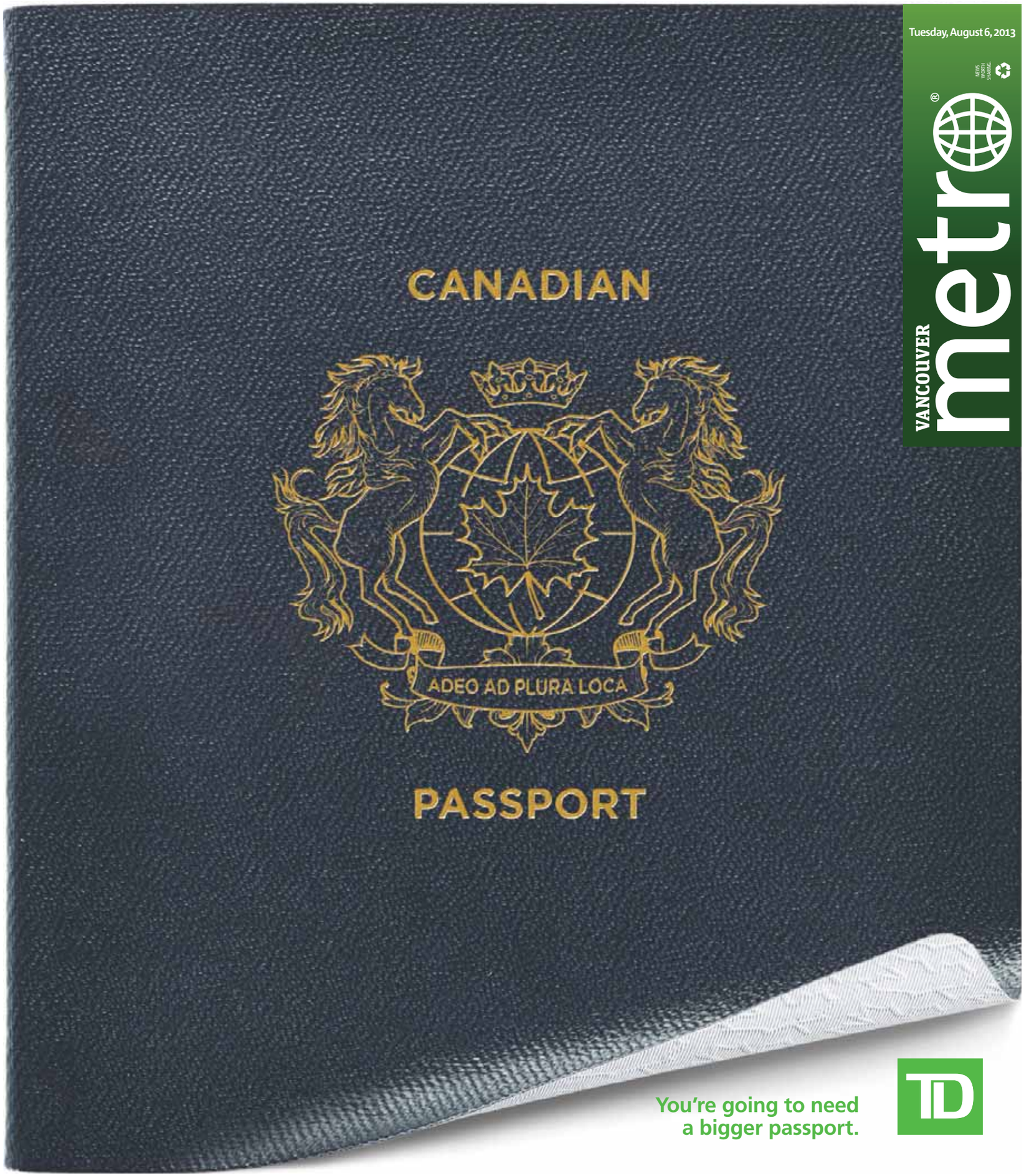
Tuesday, August 6, 2013

VANCOUVER metro

NEWS WORTH SHARING



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VANCOUVER metro®

Bundle of joy bringing in bundle of cash

A New York firm sees demand for the royal baby's birdie swaddle soar PAGE 5

Vancouver Games 2.0

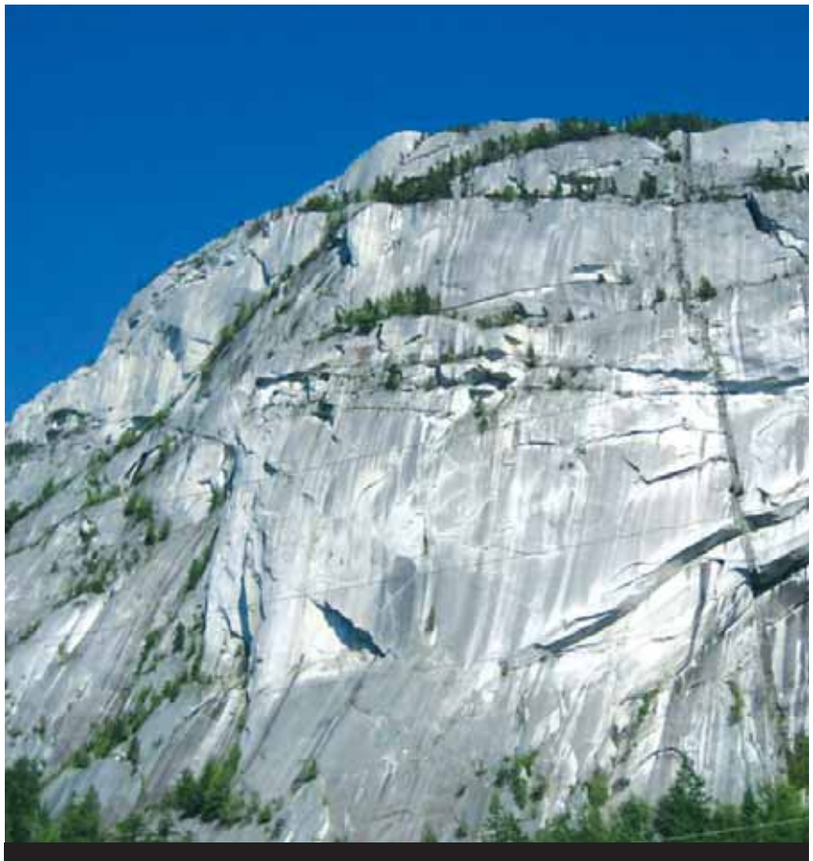
An online petition wants to move the 2014 Olympics from Sochi to Vancouver in protest of Russia's anti-LGBT law PAGE 3

Snake strangles two young boys to death

The children were sleeping above a pet store in New Brunswick PAGE 4

THERE'S A POWER OF GOOD IN SEA OF MONSTERS

YOU DON'T HAVE TO BE A DEMIGOD TO BE STRONG, SAYS PERCY JACKSON STAR ALEXANDRA DADDARIO PAGE 7



Police are trying to identify a woman who died Sunday after falling off the Stawamus Chief in Squamish.
FLICKR: KYLE PEARCE/KEEPITSURREAL

Woman falls to her death from the Chief

Stawamus. Squamish RCMP seeking tips from public as they try to identify victim

CARA MCKENNA
vancouver@metronews.ca

Mounties are trying to identify a woman who plummeted to her death from the Stawamus Chief near Squamish on Sunday.

Her body was found near the bottom of the mountain after several witnesses called the police upon seeing the fall at about 5 p.m.

RCMP Sgt. Wayne Pride said officers believe the woman was alone. It is unclear whether the fall was accidental.

Pride said the woman was either climbing or hiking at the time of her death.

"It looks more like she was possibly a hiker," he said.

"Our first priority is identifying the individual and following up with her friends and family."

Pride described the woman as being white, in her mid- to late 30s, with a medium build, blue eyes and short, brown, curly hair.

She was wearing green khaki shorts and a light-blue sports bra at the time of the fall.

Mounties were at the scene gathering evidence and putting notices on car windshields on Monday, and they are asking anyone with information to call Squamish RCMP.

A $25-million gondola is currently being constructed near the Chief that will transport about 600 people per hour to the mountains overlooking Howe Sound every hour.

Tim Jones of North Shore Rescue said discussions are already taking place on how to make the project safer.

"It'll increase (the number of people on the mountain), and will that translate into more people getting lost? Probably," said Jones.

"But the benefit of it is that it's another feather in the cap for local tourism. It needs to be managed safely."

The Stawamus Chief stands more than 700 metres high.

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Amanda,
Call Centre Trainer,
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Moncton, NB

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Campfire ban

Long weekend sees a hike in wildfires

Nearly one-quarter of all wildfires across B.C. this year started burning over the August long weekend, prompting patrols to enforce the campfire ban.

There are 226 active fires burning across the province, the "vast majority" of which were caused by lightning late last week, B.C. fire information officer Kevin Skrepnek said Monday.

Luckily, enough rain fell along with the lightning to keep the fires "manageable," Skrepnek said.

Fire crews have responded to 913 fires across the province since April 1. Lightning sparked 515 fires, and human causes, such as discarded cigarette butts, campfires, industrial activities and sparks from dirt bikes, caused the remaining 398.

EMILY JACKSON/METRO

Nanaimo

$120K toilet goes out of order

A controversial $120,000 toilet in downtown Nanaimo is out of order on Day 2 of being open to the public.

It opened to the public Friday and was closed again on Saturday.

The toilet cost the City of Nanaimo $100,000 and installation was another $20,000.

One city councillor told reporters the toilet is only clogged, and that the problem is fixable.

CARA MCKENNA/METRO

A woman helps carry the Pride flag down Beach Avenue on Sunday during Vancouver's 35th annual Pride Parade. An online petition is asking the International Olympic Committee President Jacques Rogge to relocate the Winter Games and to tell Russia to put an end to its anti-gay legislation. JENNIFER GAUTHIER/METRO

Petitioners want to move Sochi Olympics

Vancouver 2014? Online petition is pushing for a relocation of the event over Russia's persecution of the LGBT community

EMILY JACKSON
emily.jackson@metronews.ca

If Russia refuses to back down from its anti-gay legislation, why not host the 2014 Winter Games in Vancouver instead of Sochi?

An online petition is pushing for just that as Russia's persecution of the LGBT community enters the spotlight with the Olympics looming.

The petition, started by a group called Equality for All, garnered more than 5,940 signatures over the weekend as Canadian Olympians marched to support the community in the Vancouver Pride Parade.

It asks International Olympic Committee President Jacques Rogge to relocate the Winter Games and to tell Russia the world "will not tolerate the abhorrent persecution of minority groups."

Besides, its logic goes, B.C. held the Olympics "very successfully" just a few years ago.

"The facilities are already in place and can be made, with support, ready in the limited time period to host another games," the petition states.

It might be hard, though, to find Vancouverites to agree with the assertion that "getting them up and running again wouldn't be too much of a hassle."

Plus, Vancouver clearly supports the LGBT community.

The Pride Parade, attended by an estimated 650,000 people on Sunday, was granted civic status this year.

The petition's suggestion to move the event comes amid growing calls to boycott Sochi. Canadian politicians from all levels and parties have called on Russia to allow everyone the right to free expression while competing at the Olympics, but most have stopped short of calling for a complete boycott.

While Vancouver Mayor Gregor Robertson condemned Russia's "violent crackdown on the human rights and free expression of the LGBTQ community" in a widely shared statement, he wasn't available on B.C. Day to comment about the possibility of hosting round two of the Olympics.

But if the Winter Games did return to Vancouver, certain infrastructure could still be useful. There are more than 100 empty apartments in the taxpayer-funded Olympic Village, and VANOC, the local organizing committee for the Games, still exists with four board members and $2 million in leftover cash.

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New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

She said the snake was later captured and was in the possession of police.

Rogers-Marsh said autopsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were related.

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday. THE CANADIAN PRESS

Brazil. Petition calls for return of Chico the pet monkey to adoptive family

When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thousands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of Nature's Red List of threatened species, as the tufted capuchin monkey has been.

But the Carmona family contends Chico is completely domesticated and might not survive the stress of separation.

When the officers came to their house in the city of San Carlos on Saturday, Chico grabbed onto Carmona and hugged her tight, one of the woman's sons, Everaldo Furlan, told the Globo television network.

Carmona said she was devastated when he was pulled away.

THE ASSOCIATED PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for $100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my nerves."

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated.

THE CANADIAN PRESS

Paul Hurley, third left, of the United Restaurant and Tavern Owners Association, leads a protest by dumping Russian vodka on a New York street, Monday. The group is joining with LGBTQ activists to push for a ban on all Russian spirits, liquors and food in bars, cafés, taverns and restaurants around the city. RICHARD DREW/THE ASSOCIATED PRESS

LGBTQ attacks in Russia nothing new

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

JARED STORY
For Metro in Winnipeg

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay rights activists. At least eight of the anti-gay protestors made it past the police barrier and purportedly punched activists to the point of bleeding.

The violence toward gays in Russia comes in the wake of a contentious new law imposing fines on people accused of spreading "propaganda of non-traditional sexual relations."

"The aggression towards LGBTQ people in Russia has always been very active," Coolen said. "The difference the new law has made is that it has basically given permission to the hate-mongers to act openly violently towards LGBTQ people."

Like 1936 Olympics?

What Sochi could signify

As a co-founder of the first ever Pride House at the 2010 Winter Olympics in Vancouver, Ken Coolen said he's dismayed Russia will enforce its gay propaganda laws at the upcoming Sochi Games. "I hesitate to make this comparison, but in 1936 the Olympics were held in Germany and people chose to look the other way and we saw how horrifically that turned out.

"We need to make sure that we stand up for the human rights of others."

Pageant winner accused of throwing bombs

A young beauty pageant winner in the U.S. is accused of throwing makeshift explosives from a car.

Kendra McKenzie Gill — recently crowned Miss Riverton, Utah — and three other 18-year-olds were arrested Saturday after allegedly throwing the homemade bombs at least nine times.

Police said they admitted buying plastic bottles, aluminum foil and household chemicals before assembling the devices.

"They were throwing them at both property and people," Unified Fire Authority Capt. Clint Mecham told KUTV-TV, adding that nobody was injured. "This goes well beyond a teenage prank."

Fire officials said the devices — which can spew caustic chemicals and shrapnel when they burst — can be dangerous.

"They can do a great deal of damage to property," Mecham told KSL-TV. "They can sever limbs. They can even kill people."

Gill was booked on suspicion of 10 counts of detonating an incendiary device.

THE ASSOCIATED PRESS

Kendra McKenzie Gill
THE ASSOCIATED PRESS/SALT LAKE COUNTY JAIL

Hey baby — who are you wearing?

Royal sales boost.
New York-based swaddle maker is swamped after Prince George is pictured wearing its birdie product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it's like when a small firm gets swept up in the attention that comes from touching the golden hem of the House of Windsor.

Once photos of the swaddle hit the Internet, bloggers identified the item as being from New York-based aden + anais. Within hours of George's appearance, the firm's site crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

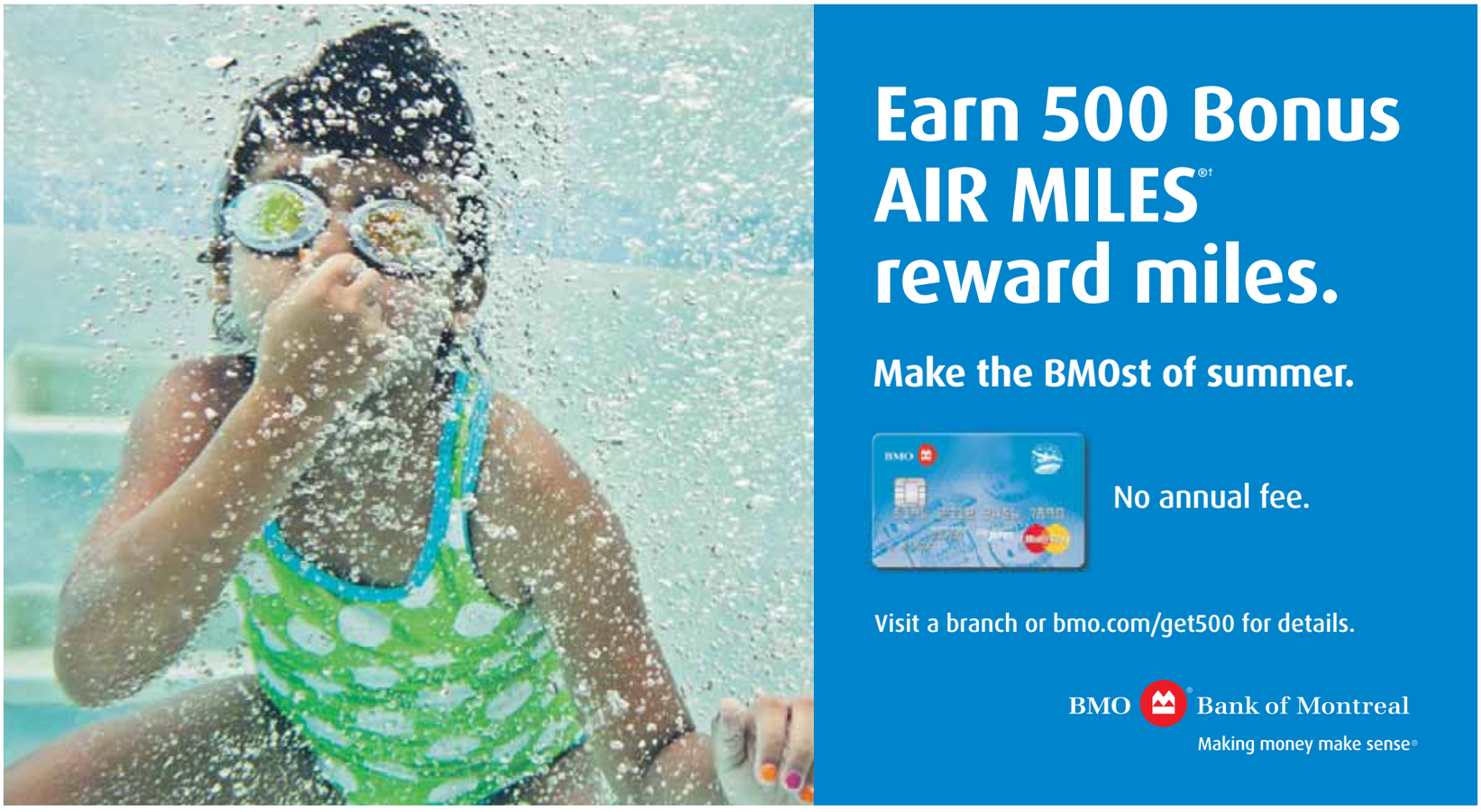
Raegan Moya-Jones, CEO of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

THE ASSOCIATED PRESS

Join the queue

- The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about $71). Jungle Jam is sold out for now in Britain and the U.S.

Prince George of Cambridge leaves the hospital with his tiny hands emerging from a swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE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Beauty products. Revlon buys Colomer for $660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about $660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about $315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon ColorSilk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S.

THE ASSOCIATED PRESS

Tech. Without iPad launch, tablet shipments stagnate

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still, the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors."

Apple usually releases a new iPad in the spring, but it has moved to fall launches to take advantage of the holiday shopping season.

THE ASSOCIATED PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for $250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for $250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday. Bezos is buying the paper as an individual. Amazon.com Inc. is not involved.

THE ASSOCIATED PRESS

MOVING BACK HOME IS NOT SO YUCKIE

SHE SAYS
Jessica Napier
metronews.ca

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nose-dive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. A Pew Research Center study released last week shows that a startling 36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room-and-board back home and draining their parents' retirement savings in the process.

At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backward rather than forward, it doesn't have to be that way.

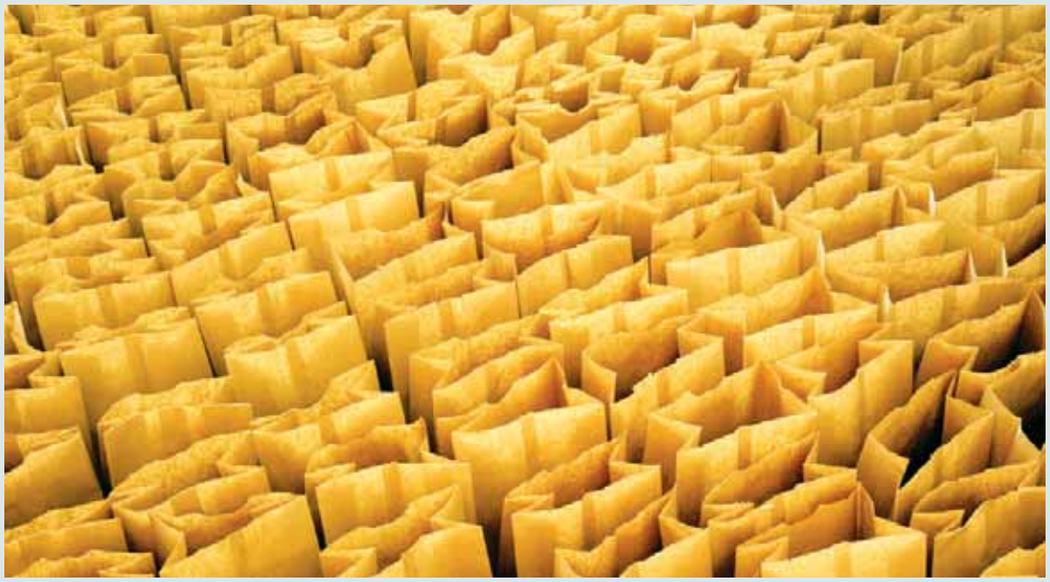
When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family and myself, and I developed a new appreciation for my parents as interesting adults, not just Mom and Dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Just don't get *too* comfortable.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped

What is the idea behind your photographs?

NICK ALBERTSON
Artist and photographer, 29, based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the Ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day 1, but other bear parties have stepped onto the stage via YouTube.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around — and it's party. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time

around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs. Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

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DVD reviews

The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

●●●●○

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson. Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW
scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than $225 million worldwide. That would surely be enough to convince all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

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OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Of cheesy Chads, messed-with Mileys and much-too-famous felines

STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. **There is now a line of Grumpy Cat coffee called Grumppuccino.** That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the $695 peasant dress for sale on her website.

Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS

Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation.

Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.

Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.

Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs," Sanfilippo said.

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MAKE IT HAPPEN!

Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp

This salad serves six. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

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1 Rated by ratesupermarket.ca, January 7, 2013. 2 Ranked by moneysense.ca, May 5, 2012. 3 Refers to the RBC Student Banking account with no monthly fee and 25 debit transactions per month. Cost of debit transaction over 25 per month is $1.00 per debit. 4 Subject to credit approval and meeting eligibility requirements. To get a list of eligible credit cards for students, please visit: rbc.com/studentcards. 5 Interest only payments apply while in school and one year after graduation. Personal lending products are provided by Royal Bank of Canada and subject to its standard lending criteria. Some conditions and restrictions apply. * No purchase necessary. Contest ends September 30th 2013. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit: rbc.com/rules. Eligible products include the RBC® Student Banking account, RBC No Limit Banking for Students® account, any RBC Royal Bank® credit card with a valid graduation date, and the Royal Credit Line® for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada. Some conditions and restrictions apply. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Best financial strategy? Go simple

YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid $5,000 during the housing\ renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

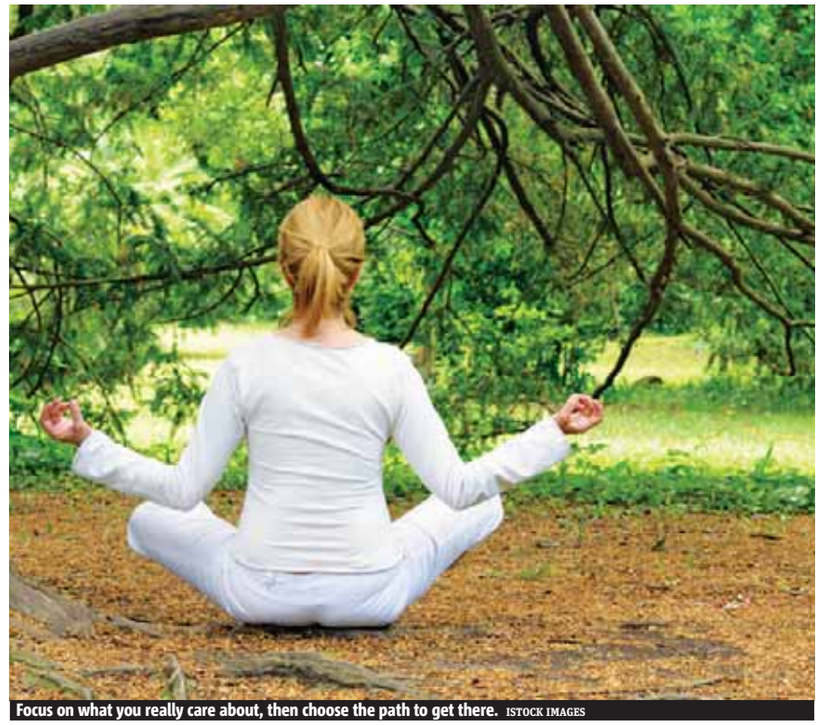
And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES

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A-Rod to fight PED penalty

Dope boys.
Yankees star slapped with lengthiest of several MLB all-star suspensions in wake of Biogenesis scandal

Alex Rodriguez stepped up to the plate greeted by a standing boo-vation and blooped a single in his first at-bat of the season.

Hours after Major League Baseball suspended the New York Yankees star through the 2014 season in the Biogenesis drug case, Chicago White Sox fans got their say on Monday night.

And boy, did they let him hear it.

They jeered him during pregame warm-ups and introductions and really tore into him when he walked to the batter's box leading off the second inning.

On the third pitch, Rodriguez dunked a hit into shallow left field. He made it to third base with no outs but was stranded.

Rodriguez did not deny using performance-enhancing drugs in a news conference at U.S. Cellular Field after the punishment came down and he said he will talk about whether he used PEDs at another time when he is more free to speak.

He did dig in for a battle, saying no one else will defend him unless he stands up for himself. Then he took to the field, starting at third base and batting fourth against the White Sox.

"There's nothing about it that's been easy," Rodriguez said. "All of it has been challenging. I'm sure there's been mistakes made along the way. We're here now. I'm a human being. I've had two hip surgeries. I've had two knee surgeries. I'm fighting for my life. I have to defend myself."

The three-time MVP was one of 13 players disciplined on Monday, one of the biggest mass suspensions in the history of the game. All-stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each. Rodriguez, however, got 211 games, due to start on Thursday.

He will appeal his suspension, which means he will likely be able to play for the rest of this season as his case winds through arbitration.

THE ASSOCIATED PRESS

Set to appeal

"If I don't defend myself, no one else will."
Yankees infielder Alex Rodriguez

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when Commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- As for modern-day all-stars, outfielder Nelson Cruz leads Texas in homers and RBIs, while Jhonny Peralta is a top-hitting shortstop in Detroit.
- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free-agent pitchers Fautino De Los Santos and Jordan Norberto.

Yankees third baseman Alex Rodriguez with umpire Jerry Layne during a game against the White Sox on Monday night in Chicago.
JONATHAN DANIEL/GETTY IMAGES

CFL. Sloppy B.C. win buries Bombers in 4-game hole

An instant classic, it was not.

Mistakes, miscues and missed opportunities typically uncharacteristic of the B.C. Lions these past few years kept a scrappy Winnipeg Blue Bombers team, led by the relatively inexperienced Justin Goltz at quarterback, in Monday's Canadian Football League game right down to the wire.

Only in the fourth quarter did the Lions pull away for good, and even after that things were in doubt.

Courtney Taylor scored on an 11-yard touchdown reception to propel the Lions to a 27-20 victory.

The win improves the Lions' record to 4-2. Only one of those wins has come against a team with a record above the .500 mark.

"I look at it this way: I don't give a damn what people think. We're 4-2," said head coach Mike Benevides.

"There's no doubt we'll improve, we'll get better and continue to grow."

CAM TUCKER/METRO

The Lions' Courtney Taylor celebrates a touchdown. THE CANADIAN PRESS

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NHL

Coyotes staying in the desert for now

After years of wandering in the desert, the Phoenix Coyotes' ownership saga appears to be over.

An arena lease out clause could bring into question where they're playing in five years, but on Monday the NHL finalized the sale of the Coyotes to the IceArizona group, led by Renaissance Sports & Entertainment's George Gosbee and Anthony LeBlanc. Approval of the $170-million US sale came from the board of governors, which ended the NHL's ownership of the team.

LeBlanc, Gosbee and nine other owners — the vast majority of whom are Canadian businessmen with connections to Arizona — are jumping in to a long process that includes adding staff on the business side and trying to sell tickets to grow the Coyotes' reach. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

♉ Taurus
April 21 - May 21
You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

♊ Gemini
May 22 - June 21
Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

♋ Cancer
June 22 - July 23
You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

♌ Leo
July 24 - Aug. 23
Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

♍ Virgo
Aug. 24 - Sept. 23
Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

♎ Libra
Sept. 24 - Oct. 23
If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

♏ Scorpio
Oct. 24 - Nov. 22
You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

♒ Aquarius
Jan. 21 - Feb. 19
There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

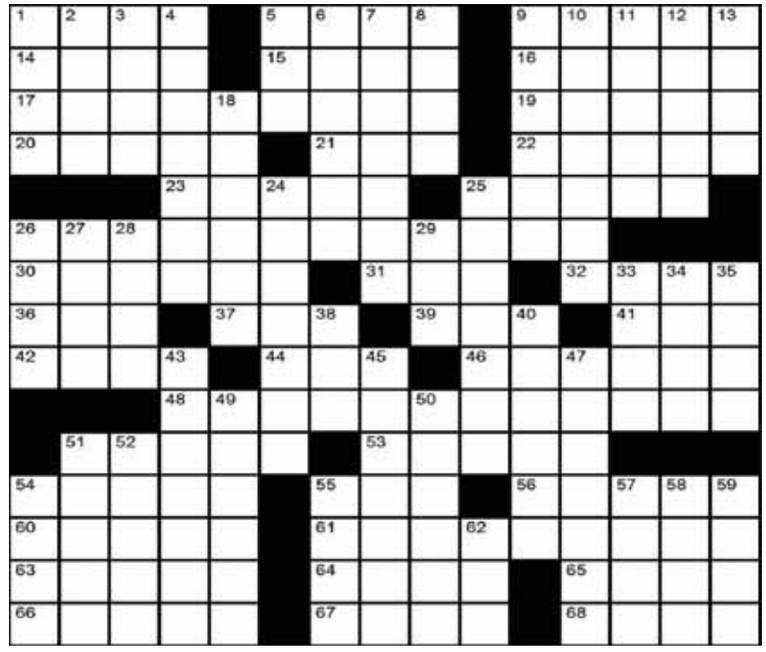
♓ Pisces
Feb. 20 - March 20
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



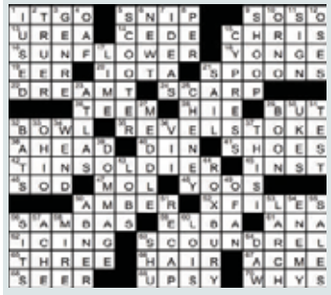
Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. 0's telephone letters
15. "__ __ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary _ __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.
41. One __ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line
54. Heaps
55. Pretzels brand
56. "Why should _ __?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe __ __!"
65. Neytiri, for one, in "Avatar" (2009)
66. "...I thee wed."
67. Russian refusal
68. Loved __ (Cherished people)

Down

1. Baseball's Sammy
2. Smartphone add-ons
3. Fictional detective Mr. Wolfe
4. Rainfall shortage
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's __ cuff
8. Cartoon guy Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards __': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5			1		6			3
	1		5		3		2	
		6				1		
		3	8		9	6		
9								1
		7	4		1	9		
		2				7		
	8		6		2		1	
3			9		5			4

Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

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